

March is All About Our Eyes

While March is workplace eye wellness month it is still important to care of your eyes all year long. Taking care of your eyes should always be a priority while you are working. Many eye injuries are irreversible and can be permanent. Workplace eye wellness month is a great time to educate yourself and fellow workers about protecting your and their vision while working. Safety meetings are a great place to discuss eye safety. Learning about the proper use of machines and harmful chemicals will help to greatly reduce eye problems.

Causes of Eye Injuries in the Workplace

There are hundreds of chemicals, machines, and other miscellaneous items in the workplace that can cause eye injuries. It is important to learn about the different dangers that lurk in the workplace and could permanently injury their eyes.

- Chemicals
- Power Tools
- Wood Dust

- Bleach
- Lawn Mowers
- Paints
- Nails
- Gasoline
- Hand Tools
- Welding

These are the most reported causes of eye injuries in the workplace. Since March is eye wellness month, this is the best time to discover ways to reduce the hazards and start protecting your eyes.

Eye Protection Gear

There are several different ways to protect your eyes from the dangers in the workplace. During **eye wellness month** you should go over the types of eye protection safety equipment that can be used while working. Contact your District Safety Office to understand the proper way to use and wear the eye safety gear.

<http://www.preventblindness.org/prevent-blindness-eye-health-and-safety-observance-calendar>



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Public Health Emergency

Gov. Rick Scott is continuing the Zika offensive, unveiling a hotline for Floridians to call with questions.

The phone number — 855-622-6735 — is staffed by Department of Health workers who will “answer questions and advise callers on what steps they can take to protect their homes and families from Zika,” Scott said in a statement.

Since the revelation in early February that some Floridians have been infected with the virus while travelling abroad, Zika has been at the heart of the administration’s public health messaging.

In a press conference Feb. 4, Scott compared the state’s Zika response to preparation for a hurricane. He issued a public health emergency, a rare decision.

At that time twenty cases have been confirmed in the state.

None of those involved pregnant women, whose babies may be at higher risk to deformities if infected and none were transmitted within Florida.

Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several

days to a week after being bitten by an infected mosquito. People usually don’t get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.

Zika virus was first discovered in 1947 and is named after the Zika forest in Uganda. In 1952, the first human cases of Zika were detected and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika outbreaks have probably occurred in many locations. Before 2007, at least 14 cases of Zika had been documented, although other cases were likely to have occurred and were not reported. Because the symptoms of Zika are similar to those of many other diseases, many cases may not have been recognized.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil and on Feb 1, 2016, the World Health Organization (WHO) declared the Zika virus a public health emergency of international concern (PHEIC). Local transmission has been reported in many other countries and territories.

<http://www.flgov.com/2016/02/03/gov-rick-scott-directs-public-health-emergency-in-four-counties-for-zika-virus/>

Zika Prevention

What we know

- No vaccine exists to prevent Zika virus disease (Zika).
- Prevent Zika by avoiding mosquito bites (see below).
- Mosquitoes that spread Zika virus bite mostly during the daytime.
- Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- Prevent sexual transmission of Zika by using condoms or not having sex.

Steps to prevent mosquito bites

When traveling to countries where Zika virus or other viruses spread by mosquitoes are found, take the following steps:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use Environmental Protection Agency (EPA) registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
 - * Always follow the product label instructions.
 - * Reapply insect repellent as directed.
 - * Do not spray repellent on the skin under clothing.
 - * If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child:
 - * Do not use insect repellent on babies younger than 2 months of age.
 - * Dress your child in clothing that covers arms and legs, or
 - * Cover crib, stroller, and baby carrier with mosquito netting.
 - * Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - * Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - * Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - * If treating items yourself, follow the product instructions carefully.
 - * Do NOT use permethrin products directly on skin. They are intended to treat clothing.

<http://www.cdc.gov/zika/prevention/index.html>

Eat Right

16 Health Tips for 2016

Dedicate yourself to a healthy lifestyle in 2016 with these food, nutrition and physical activity tips.

1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the My Plate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists (RDN) can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at www.homefoodsafety.org.

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9. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at www.eatright.org/howdoi will get you started.

10. Dine Out without Ditching Your Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

11. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. Banish Brown Bag Boredom

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

13. Drink More Water

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like purple asparagus, Honey crisp apples, or quinoa.

15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Cut Back on Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit www.choosemyplate.gov for more information

<http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/16healthtipsfor2016.ashx>

March is Florida Bicycle Safety Month

Did you know that by law children under the age of 16 must properly wear an approved bicycle helmet? (Sec. 316.2065(3)(d), Florida Statutes)

Bicycling is a good source of family oriented exercise and an environmentally friendly mode of transportation. But many cyclists are putting themselves at un-necessary risk. Look around. Do you see a lot of families bicycling? Look again - are only the children wearing helmets? First, you are increasing your risk of head injury and brain trauma every time you ride without a helmet. Second, you are not setting a good safety example for your children or others. Use by adults promotes and supports the practice among younger riders.

Do as I say and not as I do is not the way to instill good behavior of any kind in others. Setting a good example works at home and on the job. If co-workers see us setting a good example by taking necessary precautions and being safe, they may be encouraged to adopt a safety culture of their own and do their jobs in a safer manner.

Wearing a bicycle helmet generally doesn't prevent a cyclist from crashing (except if it helps a motorist notice the cyclist sooner). It reduces the risk of head injury in the event of a crash. Head injuries account for about one eighth of the emergency room visits of injured cyclists. However, they account for about 70% of cyclists' *fatal* injuries. Based upon numerous studies on the subject, it is estimated that helmet use reduces the risk of fatal injury in a cyclist crash by approximately 70%.

<http://safety.fhwa.dot.gov/index.htm>
<http://www.saferoutesinfo.org/>
<http://www.nhtsa.dot.gov/>
<http://bicyclesafe.com/>

Informational Tips For Safe Bicycling

- ◇ **Select a bike that fits** - rely on the experts at a good bicycle shop.
- ◇ **Choose the right helmet** - make sure it is approved and fits properly.
- ◇ **Obey the rules of the road** - bicycles are vehicles, ride with the flow of traffic.
- ◇ **Stay visible** - wear bright and reflective clothing and use lights front and back.
- ◇ **Maintain good form while riding and stay in shape** - proper posture while biking reduces the likelihood of discomfort.
- ◇ **Stay cool and well hydrated** - wear light-weight clothes and drink plenty of water.
- ◇ **Wear the proper shoes** - wear shoes with rigid soles and void flip flops.
- ◇ **Keep your bike well maintained** - routine maintenance is a must.
- ◇ **Teach your children well** - take the time to teach your kids the rules of safe biking.
- ◇ **Avoid biking in bad weather whenever possible** - avoid rainy or foggy conditions.

Hearing Conservation

The Occupational Safety and Health Administration requires a Hearing Conservation Program for all workers whose noise exposure exceed or equal an action level of 50% noise dose or 85 decibels of 8-hour day (Plog & Quinlan, 2012). The Departments Hearing Conservation Program is developed in accordance with those OSHA regulations, as directed by an Executive Order, No.2000-292. To determine if your facility or assigned work location should comply with the OSHA Hearing Conservation Standard, it is necessary to determine exposure levels of Department workers.

There are different aspects that can indicate noise is a source of a safety and health problem in the workplace. Although different people respond differently to noise, it is important not to ignore subjective responses because they provide information that noise maybe at an unacceptable level. For example, when noise level are above 85 decibels, workers speak very loudly or move close together in order to hear one another an indication that noise is a problem in the workplace.

A walk around survey of the specific facility should be conducted to screen for noise exposure levels and determine if the Department must comply with the OSHA Hearing Conservation Standard. During noise exposures screening process, estimates of exposure duration and sound level meter measurement are enough to determine noise exposure levels (Plog & Quinlan, 2012). The following approach can be used to determine if the Department needs to comply with OSHA's Hearing Conservation Standard:

- Survey the facility or specific work location and develop a detailed data sheet of the facility's operations and noise sources.
- Take spot readings of the facility's operations that seem to have issues. The sound levels can be marked on a diagram of the facility on a piece of paper including notes of what equipment or machine is used on a given area and which equipment is on or off.
- Estimate noise exposure levels by identifying workers, work stations and duration spent by workers in different work areas or duration a worker operates tools and equipment.
- If results of walk around survey indicate a Time Weighted Average (TWA) noise exposure equal or above 85 dBA, then the Department should comply with the OSHA Hearing Conservation Standard.

When walk around survey results indicate that noise exposure levels of employees exceed those provided in OSHA's noise standard, additional monitoring such as that which complies with OSHA Hearing Conservation Standard will be required (Plog & Quinlan, 2012). Monitoring should be conducted whenever there is a change in equipment, process, production, or control which increases noise exposure.

Reference

Plog, B. A., & Quinlan, P. (2012). *Fundamentals of industrial hygiene* (6th ed.). Itasca, IL: National Safety

March Holiday Histories

Easter History

Easter is the highest holiday in Christianity. It commemorates Jesus' resurrection three days after his crucifixion and death. Many Christians believe that by Jesus' death, our sins are forgiven by God.

Facts about Easter

- For many Christian congregations, the first Easter service for the year is the *Service of Light*. The worship typically starts in darkness on the preceding Saturday night or early Sunday morning. Light is brought into the church with candles to signify hope based on the resurrection. The service culminates with the lighting of a paschal candle, signifying Christ.
- Easter eggs represent new life and also symbolize the shape of Jesus' tomb.
- Easter also signifies the end of Lent, the 40-day period of fasting, preparation, and penitence observed by the faithful.
- The date for Easter is determined by the moon. Easter is the Sunday after the first full moon of spring.

Spring Begins History

Spring traditionally marks the end of Winter and the beginning of a season that signifies longer days and warmer temperatures. The first day of Spring is also known as the Vernal Equinox. This marks the day that the path of the Sun is directly over the equator. This day also contains equal amounts of day time and night time. This day typically occurs each year on March 20, and on March 21 on some years.

Saint Patrick's Day History

Saint Patrick was a priest and former slave and who is known converting the Irish to Christianity. St. Patrick is the patron Saint of Ireland.

Daylight Savings Time Begins History

Daylight Savings Time was begun in an effort to help save energy and provide workers with more hours of serviceable daylight during the long summer days. Daylight Savings Time (DST) was first introduced in the U.S. in 1918. However, it was not until 1966, when the Uniform Act was passed, that all states had to either observe DST or pass a state law to abstain.

<http://www.wincalendar.com/March-Calendar/March-2016-Calendar.html>

Word Search Puzzle

D X N I O S R X W G M S S H F A Y S B S
 D H P I T T M S A D L I E M S K J E N R
 D M R I R B I S U O Z Y L T O I A A M T
 I A U H X H O U O F H G B U D Z A F T M
 N R Y X C L T T Q T O S A O I B O O Q S
 F U R L I A D E L S U P T S U D D O O W
 B D T N I N E A M N O L E A M F M D J K
 G I E R A G E L R R A M G Y T E F A S B
 P E C H I H H I B W E Z E X Y A D I P V
 R T I Y H T S T N S S P V E R A M S N I
 O I D H C E I M S C H E M I C A L S R V
 T T L M B L O O A A S L O O T R E W O P
 E I A M X W E V N L V S Z T Q N X H K S
 C A I D E G P N S N B I Z E A S T E R T
 T N O R T N A M Q P W E N I Z P A C E N
 I U S I O I R N H I R R A G O N J E U I
 O D X E L D D T Z F K I H S S P Z S G A
 N X U S Y L O B K K K O N Y A B L B P P
 S V T M K E B U R R I T O G H W A R D S
 M M I O Z W C L S L I I P I G B D T E A

BICYCLE
 BLEACH
 BURRITO
 CHEMICALS
 DAYLIGHT SAVINGS
 DIETITIAN
 EASTER
 EYES
 FRUITS
 GASOLINE

HAND TOOLS
 HEALTHY
 LAWN MOWERS
 MOSQUITO
 NAILS
 NUTRITION
 PAINTS
 PERMETHRIN
 PI DAY
 POWER TOOLS

PROTECTIONS
 SAFETY
 SEAFOOD
 SODIUM
 SPRING
 SUNRISE
 VEGETABLES
 WELDING
 WOODDUST
 ZIKA

The Safety Advisor puzzle is generated from the
<http://school.discoveryeducation.com/>
 Omissions or errors are possible and are the sole responsibility of the program
 and not the producers of this Newsletter.

SAFETY SLOGANS

Construction Safety: Construction without destruction.

If you think your job is hard now, try doing it without hands.

Safety isn't expensive it's priceless.

The Road to success is always under Construction.

Heads up, don't text around trains.



Hotline

Safety Hot Line
(850) 414-5255

You can report hazards by telephone.
You can remain anonymous.
Everything is confidential.

Hotline

Hotline

Hotline

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / mark.eacker@dot.state.fl.us

Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs,
please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

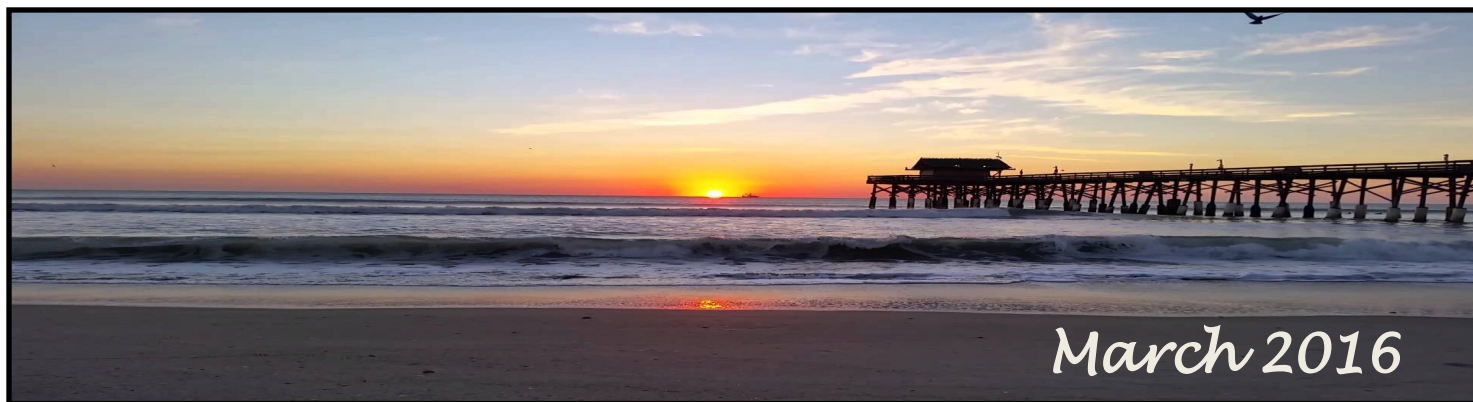
Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, FL 32399

Safety Slogan of the Month Entry Form

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		
What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)		
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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.		
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Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: () _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4 PAY DAY	5
6	7	8	9	10	11	12
13  Daylight Saving Time Begins	14 Pi Day	15	16	17 St. Patrick's Day	18 PAY DAY	19
20 Palm Sunday	21	22	23	24	25 Good Friday	26
27 Easter	28	29	30	31	1 PAY DAY	2

THE MONTH OF MARCH

March 2016 is Observed as	Women's History Month; National Nutrition Month; Irish-American Heritage Month; American Red Cross Month; and National Colorectal Cancer Awareness.
Birthstone	Aquamarine, Bloodstone & Jade.
Fruit & Veggies for the Month	Kiwi; Canistel; Grapefruit; Tamarillo; Feijoa; Red Banana; Kiwano Melon; and Green Onions.
March Flower	Daffodil.
Astrological Signs	Pisces (till 20th) & Aries (21st→).
Other Notable March Dates & Events	Mar 2: Read Across America Day; Mar 6-12: National Consumer Protection Week.